AI PROMPT 2026

5 AI PERFORMANCE UPGRADE PROMPT LAWS OF 2026

PROMPT FORMULA PLAYBOOK US EDITION

100 COPY-PASTE PROMPTS ACROSS 5 FRAMEWORKS

Included frameworks: Tree of Thoughts (ToT), Self-Reflection, Meta-Prompting, RAG, ReAct
How to use: Replace anything in {curly_braces} and run the prompt in your favorite AI tool.

Important: This playbook is for productivity and writing support. It is not legal, medical, financial, or professional advice.

Table of Contents

- Tree of Thoughts (ToT)
- Self-Reflection (Draft -> Critique -> Rewrite)
- Meta-Prompting (Make the Model Write the Prompt)
- Retrieval-Augmented Generation (RAG)
- Reason + Act (ReAct)

Tip: Each section starts with a "Formula Card" (easy to paste into Canva/design templates)

Retrieval-Augmented Generation

RAG

Search {sources} for {N credible references}, extract {key facts + quotes}, cite {sources}, then answer {the question} grounded in evidence, noting {uncertainty + assumptions}.

The Logic

To stop the AI from "hallucinating" (lying), you make it search real-time data or internal docs first.

The Proof

On the TruthfulQA benchmark, which measures how factual an AI is, models using RAG scored significantly higher than those just relying on their memory.

RAG-01 | Find Grants & Programs (US Edition)

Before answering, search for at least {5} current funding opportunities related to {industry/goal} in {state/city/USA}. For each program, capture: {eligibility}, {award amount}, {deadline}, {requirements}, {selection criteria}. Then recommend the best {Top 3} for {my business profile} and explain why, citing sources for every key detail. If browsing is unavailable, ask me to paste the program links or PDFs first.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-02 | Ecommerce Trend Brief -> Q2 Strategy

First, retrieve {5} credible ecommerce trend sources from the last {6-12 months} (industry reports, platform blogs, analyst notes). Summarize the top {10} trends relevant to {product_category}. Then propose {3} strategies for {next quarter} and tie each strategy to specific sourced insights with citations. If browsing is unavailable, ask me for the sources to paste.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-03 | Health Content Grounded in Guidelines (General Info)

Before writing, find {5} authoritative sources for {health topic} (CDC/NIH/WHO/medical associations). Extract the key guidance and any major cautions/limitations. Write a plain-English explainer for {audience}, and cite the sources next to each factual claim. Include: {what it is}, {typical recommendations}, {when to seek professional help}, {what is uncertain}.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-04 | Macro Snapshot (Rates/Inflation) -> Budget Advice (General Info)

First, collect {5} recent sources on {interest rates, inflation, jobs} from official stats and reputable outlets. Summarize the current snapshot in {8-12} bullet points with citations. Then provide {practical budgeting considerations} for {household/business}, clearly separating {facts vs opinion}. No investment advice; keep it general and cite sources.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-05 | Local Real Estate Policy Changes -> Impact Notes

Search for {5+} recent official updates about {city/state} housing policy (zoning, taxes, rental rules). Summarize each update with: {what changed}, {effective date}, {who it affects}. Cite sources. Then outline potential impacts for {buyers/sellers/landlords/tenants} and note uncertainties.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-06 | Salary Bands for a Role (US Market)

Find {5+} recent sources for salary ranges for {job title} in {location} (surveys, job platforms, reputable reports). Compare sources, note sample differences, and produce a recommended band for {company size/industry}. Include citations and a “confidence” note based on source quality.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-07 | Industry Brief + Competitive Landscape

Gather {5} recent industry sources about {industry} (associations, analyst reports, company filings/blogs). Summarize: {market direction}, {risks}, {opportunities}. Cite sources. Then propose {3} strategic moves for {our company} with grounded rationale.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-08 | Freight/Shipping Risk Brief

Collect {5} recent sources about {route/region} shipping conditions (carrier advisories, logistics news, indexes). Summarize key risks: {rate spikes}, {delays}, {disruptions} with citations. Then generate a mitigation checklist tailored to {our shipment profile}.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-09 | Security Advisories -> Patch Priorities (Defensive)

Before recommending actions, gather {5+} official advisories about {product/OS/library} (vendor, CERT, security orgs). Summarize vulnerabilities, severity, and recommended mitigations with citations. Then produce a patch priority list with {impact}, {effort}, {temporary mitigations}. No offensive instructions.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-10 | Ad Platform Policy Updates -> Approval Checklist

Find the latest policy guidance for {ad platform} for {industry}. Use official docs where possible. Summarize {common disapproval reasons} with citations. Then create an approval checklist for {our ads/landing pages} and suggest compliant wording alternatives.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-11 | Education Policy/Test Changes -> Study Plan

Search official sources for recent updates to {exam/policy}. Summarize changes and effective dates with citations. Then build a study plan for {learner level} aligned to the updated rules, highlighting what changed.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-12 | Travel Entry Requirements & Safety

Collect {5+} authoritative sources about entry requirements for {country} (government travel sites, embassy pages). Summarize: {visa}, {passport validity}, {vaccines/health}, {safety advisories} with citations. Then provide a traveler checklist and note what may change quickly.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-13 | Food Labeling & Marketing Claims (General Info)

Find {5+} authoritative sources about labeling/marketing rules for {food category} in {USA/state}. List claims that are high-risk or restricted, with citations. Then provide safer alternative wording and a compliance checklist (general info only).

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-14 | Cosmetics/Medical Device Compliance Overview (General Info)

Gather {5+} primary sources about compliance for {product type} in {US market}. Summarize: {registration}, {testing}, {labeling}, {restricted claims} with citations. Output a preparation checklist and clearly note what requires professional review.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-15 | ESG/Carbon Regulation Watchlist

Find {5} recent sources about ESG/carbon disclosure requirements affecting {industry}. Summarize what’s new, deadlines, and who is in scope with citations. Then provide a prioritized action list to prepare and track compliance.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-16 | AI + Privacy + Copyright: Risk Checklist

Collect {5+} recent authoritative sources about AI, privacy, and copyright relevant to {use case} in {country/state}. Summarize key obligations and risks with citations. Then produce a product risk checklist and suggested safeguards. Make clear what is uncertain and what needs counsel.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-17 | Competitor Release Notes -> Roadmap Priorities

Find {5+} recent release notes or announcements for competitors {competitor_1}, {competitor_2}, {competitor_3}. Summarize feature changes with citations. Then recommend our top {5} roadmap priorities, mapping each to competitive evidence and our positioning.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-18 | Consumer Trend Sources -> Campaign Ideas

Gather {5} credible consumer trend reports relevant to {audience}. Extract key insights with citations. Then generate {10} campaign ideas for {brand/product} and cite which insight inspired each idea.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-19 | Produce Prices/Supply -> Harvest & Sales Plan

Collect {5+} sources on recent prices and supply conditions for {crop} in {region}. Summarize trends and volatility with citations. Then propose harvest/volume timing recommendations with risk notes and assumptions.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

RAG-20 | Recalls & Safety Notices (General Info)

Find {5+} official safety notices/recalls related to {product/ingredient}. Use regulator/manufacturer sources. Summarize confirmed facts only with citations and dates. If information is unclear, mark it as {uncertain}. Provide a next-step checklist (general info).

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.